7 TOP TIPS
TO HELP CHILDREN REDUCE SCREENTIME

1 Empower students to collect data on their screen time and set goals.

2 Introduce a "healthy brain diet" with learning, connection, downtime, and joy.

3 Role model vulnerability by sharing your own struggles and joys.

4 Join students in their interests rather than always expecting them to join yours.

5 Collaborate with parents for a unified approach at home and school.

6 Implement consistent screen time limits, like no devices after dinner.

7 Find the student's passion and tie it to their long-term goals.

* Success comes when we can get children/students to name it and own it.

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